

The ARAFT Program offers adults an opportunity to learn from professional lifeguards. Participants will gain a wide variety of skills and knowledge related to: ocean rescue techniques, ocean and wave education, competitive ocean fitness training methods, enhanced enjoyment and participation in leisure activities, beach safety related to children and families, and other topics related to life guarding and the ocean lifestyle. Potential participants may fall into one of the following categories:

A:

Adults who wish to become more familiar with the ocean in order to more comfortably participate in ocean related activities. Intermediate swimmers with limited ocean swimming experience will benefit greatly from this program.

B:

Parents who wish to safely supervise and participate with their children in various ocean related activities. Actively participating in the ocean with your children, rather than watching them from the beach may be your goal. This program will better prepare you for that opportunity.

C:

Active and competitive adults who wish to improve their personal fitness and increase their competitive ocean swimming ability. These participants will enjoy learning new competitive events utilizing new equipment as a result of their participation.

Participants will range in experience and ability from competitive open water swimmers to beginning boogie boarders. Our goal is to help develop a community of well-informed and savvy ocean lovers; each with the ability and experience to recognize hazards and dangerous conditions, effectively execute the appropriate technique to ensure their individual safety first, and assist others when the need arises. Our participants will be able to enjoy and utilize the ocean and the various recreational, leisure and fitness activities it provides for a lifetime.

If you are interested and wish to register now please call to reserve your place in the program soon. Space in this summer's first session is filling quickly, so act now.

For additional information please contact ARAFT Program Coordinator:
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We look forward to seeing you on the beach.